TURTON SCHOOL YEAR 10 PE KNOWLEDGE ORGANISER – TOPIC 3.2.5 – FITNESS TESTING

Whatever your sport, fitness is key to success. Different sports require different types of fitness and will have completely different training programmes. You can use a single fitness test or a number of fitness tests to measure and assess your current fitness level in a specific area. You can compare your results to other athletes or against the standards for your gender and age groups in national scoring tables.

Cooper 12-Minute Run Test

Tests cardiovascular fitness and estimates VO2 max.

What do I do? – Run for 12 minutes and measure the distance you have covered. Calculate your score against national data.

Re-Test – Use the same course

Harvard Step Test

Tests cardiovascular endurance .

Step on and off the box. Measure recovery heart rate.

The quicker you recover the fitter you are.

Hand Grip Test

Tests muscular strength.

Use the hand grip dynamometer. With your strongest hand, squeeze as tightly as possible

One Minute Press-Up Test

Tests muscular endurance.

See how many full press-ups you can do in 1 minute. Record how many you do.

30 Meter Sprint Test

Tests speed.

Work with a partner. Mark out 30m distance. When your partner signals you to run, run as fast as you can while they record your time.

Sit and Reach Test

Test flexibility of the hamstrings and lower back.

Use a standard sit and reach box. With your feet flat reach as far as you can.